

# MENTAL HEALTH GOALS WORKBOOK

Set Goals That Make a Difference!

## Welcome!

You're here because you want things to be different. You want real change, not just wishful thinking.

This workbook will help you set mental health goals that are specific, achievable, and actually meaningful to you. Not what you think you "*should*" do—but what will genuinely improve your wellbeing.

Let's make this phase of your life the one where you finally prioritize your mental health and see real results. Yay!

## Why your mental health comes first!

Think of your mental health as the soil where all your dreams grow.

**When you're emotionally healthy**, you have the clarity to make good decisions, the energy to take action, and the resilience to keep going when things get hard. But when you're struggling mentally, even small tasks feel overwhelming.

Taking care of your mental health isn't just another goal—**it's what makes every other goal possible.**

You can't pour from an empty cup.

## Why writing down your goals is important!

Writing your goals down isn't just a productivity hack—it actually changes how your brain works.

When you put pen to paper, you activate a part of your brain that starts filtering what you see and experience, making you notice opportunities that align with your goals.

Research shows you're 42% more likely to achieve goals when you write

them down. Why? Because writing engages your memory, strengthens your commitment, and signals to your brain: "*this matters*."

Suddenly, your brain becomes your partner, constantly scanning for ways to help you succeed. Writing turns vague wishes into real possibilities.

## Understanding SMART Goals

Goals work best when they're:

**Specific** - Clear and detailed, not vague

**Measurable** - You can track your progress

**Achievable** - Realistic for where you are now

**Relevant** - Actually matters to your well-being

**Time-bound** - Has a clear timeframe

### Example:

Vague Goal: "*Be less anxious*" **SMART** Goal: "*Practice 5 minutes of breathwork 3x per week, for the next 3 months to reduce my daily anxiety*"

Sounds more purpose driven and achievable doesn't it?

At the end of the day, life changes and **setting SMART goals** is not about locking you into one rigid path—it's about giving you **a clear starting point while leaving room to adjust.**

When things shift (and they will), having structured goals makes it easier to pivot without losing sight of what matters. Think of it like GPS: if you hit traffic or take a wrong turn, you recalculate but still reach your destination.

**Flexibility isn't the opposite of planning—it's what keeps your plans alive.**

Date: \_\_\_\_\_

## Your Mental Health Vision

Before setting any goal, it's important to get clear on your “*why*”.

How do you want to FEEL by the end of this year?

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What would your life look like if your mental health improved?

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What's one thing that would change if you felt better mentally?

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Date: \_\_\_\_\_

## Goal Area 1: Emotional Well-being

**What's one specific way you want to improve your emotional health this year?** (Examples: *manage anxiety, process grief, regulate emotions, reduce anger*)

**Turn it into a SMART goal**

**Specific:** What exactly will you do?

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**Measurable:** How will you track your progress?

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**Achievable:** Is this realistic right now?

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Date: \_\_\_\_\_

**Relevant:** Why does this matter to you?

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**Time-bound:** By when should I have accomplished this goal?

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**My Emotional Wellbeing Goal:**

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First action step I'll take this week:

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Date: \_\_\_\_\_

## Goal Area 2: Relationships & Boundaries

**What's one way you want to improve your relationships or boundaries?**

*(Examples: communicate needs, set boundaries with family, deepen friendships, reduce people-pleasing)*

**Turn it into a SMART goal**

**Specific:** What exactly will you do?

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**Measurable:** How will you track your progress?

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**Achievable:** Is this realistic right now?

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Date: \_\_\_\_\_

**Relevant:** Why does this matter to you?

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**Time-bound:** By when should I have accomplished this goal?

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**My Relationships and Boundaries Goal:**

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First action step I'll take this week:

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Date: \_\_\_\_\_

## Goal Area 3: Self-Care & Daily Habits

**What's one self-care habit you want to build or improve?**

*(Examples: sleep routine, exercise, nutrition, mindfulness, journaling, screen time limits)*

**Turn it into a SMART goal**

**Specific:** What exactly will you do?

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**Measurable:** How will you track your progress?

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**Achievable:** Is this realistic right now?

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Date: \_\_\_\_\_

**Relevant:** Why does this matter to you?

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**Time-bound:** By when should I have accomplished this goal?

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**My Self-Care and Habits Goal:**

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First action step I'll take this week:

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Date: \_\_\_\_\_

## Goal Area 4: Stress & Coping Skills

**What's one way you want to better manage stress or build coping skills?**  
(Examples: learn grounding techniques, take regular breaks, ask for help, time management)

**Turn it into a SMART goal**

**Specific:** What exactly will you do?

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**Measurable:** How will you track your progress?

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**Achievable:** Is this realistic right now?

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Date: \_\_\_\_\_

**Relevant:** Why does this matter to you?

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**Time-bound:** By when should I have accomplished this goal?

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**My Stress Management Goal:**

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First action step I'll take this week:

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## Goal Area 5: Personal Growth

**What's one area of personal growth you want to focus on?**

*(Examples: build self-compassion, challenge negative thoughts, increase confidence, heal old wounds)*

**Turn it into a SMART goal**

**Specific:** What exactly will you do?

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**Measurable:** How will you track your progress?

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**Achievable:** Is this realistic right now?

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Date: \_\_\_\_\_

**Relevant:** Why does this matter to you?

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**Time-bound:** By when should I have accomplished this goal?

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**My Personal Growth Goal:**

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First action step I'll take this week:

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Date: \_\_\_\_\_

# Your Goal Summary

Write all your goals in one place:

## 1. Emotional Wellbeing:

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## 2. Relationships & Boundaries:

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## 3. Self-Care & Daily Habits:

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Date: \_\_\_\_\_

#### 4. Stress & Coping Skills:

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#### 5. Personal Growth:

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Date: \_\_\_\_\_

# Making It Happen

## What might get in your way?

Potential obstacles:

What are the potential obstacles to achieving your mental health goals?

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How will you handle these obstacles?

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Who can support you?

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Date: \_\_\_\_\_

How will you stay motivated when it gets hard?

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What will you do if you fall off track?

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Date: \_\_\_\_\_

## Your Commitment

I commit to working toward these goals because:

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When I achieve these goals, I will feel:

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One thing I'll do differently this time:

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My accountability plan:

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# Strategies for Maintaining Consistency

Consistency doesn't come from motivation—it comes from lowering the barrier to starting.

**Make your goals small enough that they're hard to avoid, not hard to achieve.**

Here's how to apply it in real life:

## 1. Shrink the goal to the “minimum doable.”

Instead of “*work out 5 times a week*,” try “*put on workout clothes and move for 5 minutes*.” Instead of “*journal every day*,” try “*write one sentence*.”

Small actions build trust with yourself—and trust fuels consistency.

## 2. Attach the goal to something you already do.

This is called **habit stacking**.

For example:

- After brushing your teeth → stretch for 2 minutes
- After morning coffee → review today's top priority
- Before bed → write one thing you're grateful for

When the cue already exists, consistency becomes easier.

## 3. Focus on identity, not outcomes.

**Ask:** “*What would the ideal version of myself who values this, do today?*”

You're not trying to finish the goal—you're practicing being the kind of person who shows up. Even showing up briefly counts.

## 4. Plan for imperfection in advance.

Decide now what “*success*” looks like on hard days.

Consistency isn't daily perfection—it's returning after disruption. Missing once is human; quitting is optional.

## 5. Track effort, not results.

Results take time. Effort is immediate.

A simple checkmark on a calendar, or note in your phone reinforces momentum and progress.

Consistency grows when goals fit into your life as it is—not the life you imagine having someday.

Start small. Repeat often. Be kind when you reset. That's how goals stick and how you grow towards the sunlight.

## Next Steps

- ☐ Review your goals weekly
- ☐ Track your progress monthly
- ☐ Adjust goals if needed
- ☐ Celebrate every win
- ☐ Share goals with your therapist or support person
- ☐ Be patient with yourself

As always, I stay rooting for you!